



LIVE LEAN HEALTH
Women Health and Wellbeing

PRICE LIST

COACHING

- Holistic Nutrition 1st session (2hrs) 120€
- Holistic Nutrition Follow up (75min) 90€
- HN 6 months package (12 sessions) 890€
SAVE 20%
- Holistic Lifestyle Coaching 70€
- Self Love Coaching 70€
- Women empowerment 70€

STRESS MANAGEMENT

- Reiki and Sound (1h) 45€
- Meditation package of 10 x 15 min plus resurces 100€
- Breathwork 45min 45€
- Guided Journaling 30min 30€
- YOGA SCULPT (1h private class) 60€

TEENAGERS WELLNESS

- Body Positive Coaching 45€
- Stress and Pressure management tools 30€
- Positive Food Relationship building 30€
- Hormones balancing coaching 45€
- Skin clearing & Gut health coaching 45€

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